

SEATTLE FAMILY RESOURCE CENTERS

Seattle's Family Resource Center Program promotes healthy children and families by strengthening adults in their roles as parents, caregivers, nurturers, and providers.

Family Resource Centers (FRCs) are places in the community where individuals and families find support and information, share skills, connect with communities and grow their resources in ways which they define as meaningful in supporting their families. All centers strive to be a welcoming environment that is open to any and all individuals and families.



Services/Activities	
<i>(check with your closest family resource center to see what activities they provide.)</i>	
Parenting	<ul style="list-style-type: none"> • Parent-peer support groups • Parenting classes
Parent/Child Interaction	<ul style="list-style-type: none"> • Play and Learn Groups • Family Activities • Home Visits
Life Skills/Self-Sufficiency	<ul style="list-style-type: none"> • ESL classes & talk time • Workshops such as nutrition, Infant/Child CPR, financial literacy
Assistance & Resources	<ul style="list-style-type: none"> • Family Advocacy • Basic needs (assistance with accessing housing, food and clothing)
Children/Youth	<ul style="list-style-type: none"> • Child care during parent activities • Youth activities
Family & Community	<ul style="list-style-type: none"> • Family events • Cultural/community celebrations
Teen Parent Services (three sites only)	<ul style="list-style-type: none"> • Parenting Support Groups • Individual Advocacy/Assistance • Education Support (<i>GED and High School</i>)
Deaf Parenting Support	<ul style="list-style-type: none"> • Parenting classes, support groups, and 1 on 1 consultation to deaf parents offered through ADWAS. (Contact Linda Goldman at 206-452-2487 for more info or visit www.adwas.org)



Results we strive to achieve.....

- Parents/guardians are confident in their role as caregivers and role models to their children
- Families are strong, healthy and stable, and have nurturing relationships with one another.
- Parents/guardians participate in their children's learning and school success.
- Families are engaged in their communities

Seattle Family Resource Center Locations

North Seattle FRC & Teen Parent Program

Children's Home Society of Washington
2611 NE 125th Suite 145
Seattle, WA 98125
Ann Fuller, Coordinator
364-7930
www.chs-wa.org

High Point FRC

Neighborhood House
6400 Sylvan Way SW
Seattle, WA 98126
Dena Nelson, Coordinator
588-4900
www.nhwa.org/high-point

FamilyWorks FRC & Teen Parent Program

Family Works
1501 North 45th Street
Seattle, WA 98103
Shirley Ferkingstad, Manager
694-6727
www.familyworksseattle.org

Atlantic Street FRC & Teen Parent Program

Atlantic Street Center
5150 South Cloverdale Place
Seattle, WA 98118
Sue Siegenthaler, Coordinator
723-1301
www.atlanticstreet.org

International FRC

Chinese Information and Service Center
611 S. Lane Street
Seattle, WA 98104
Karia Wong, Coordinator
624-5633
www.cisc-seattle.org

Southwest FRC & Teen Parent Program

Southwest Youth & Family Services
4555 Delridge Way SW
Seattle, WA 98106
Bryan Hayes, Coordinator
937-7680
www.swyfs.org

Best Practices: FRCs are guided by the Family Support Principles

- Principle 1:** Staff and families work together in relationships based on equality and respect.
- Principle 2:** Programs enhance families' capacity to support the growth and development of all family members –adults, youth, and children.
- Principle 3:** Families are resources to their own members, to other families, to programs, and to communities.
- Principle 4:** Programs affirm and strengthen families' cultural, racial, and linguistic identities and enhance their ability to function in a multicultural society.
- Principle 5:** Programs are embedded in their communities and contribute to the community-building process.
- Principle 6:** Programs advocate with families for services and systems that are fair, responsive, and accountable to the families served.
- Principle 7:** Practitioners work with families to mobilize formal and informal resources to support family development.
- Principle 8:** Programs are flexible and continually responsive to emerging family and community issues.
- Principle 9:** Principles of family support are modeled in all program activities, including planning, governance, and administration.



Family Resource Centers are supported by the City of Seattle Human Services Department Youth & Family Empowerment Division.

For more information contact Virginia Eader, Program Specialist 206-233-7090 or email Virginia.Eader@seattle.gov.

